ABSTRACT

A sleep length calculation unit 410 of a terminal calculates a sleep length based on what is contained in a PLCP header of a frame, and sets the calculated length on a timer 430. An address detection unit 420 of the terminal detects a destination address from inside a MAC header of the frame to see if this frame is destined for another terminal. If the frame is found destined for another terminal, then this terminal gives a power supply unit 180 an instruction to start sleeping while causing the timer 430 to start counting time. When the sleep length is found to have elapsed on the timer 430, the terminal gives the power supply unit 180 an instruction to stop sleeping. If what is contained in the PLCP header or MAC header is not deemed reliable, then a sleep inhibit determination unit 440 inhibits the power supply unit 180 from going to sleep. The structure allows a wireless communication system to effect a transition into power-saving mode upon acquiring necessary information, without making changes to existing standards.